

## Full Report (All Nutrients) 43546, Babyfood, banana no tapioca, strained

Report Date: June 24, 2017 22:13 EDT

Nutrient values and weights are for edible portion.

Food Group : Baby Foods

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 15g	1 jar NFS 113g	1 jar Beech-Nut Baby's First (2.5 oz) 71g	1 jar Beech-Nut Stage I (4 oz) 113g	1 jar Gerber First Foods (2.5 oz) 71g	1 jar Earth's Best (4.5 oz) 128g	1 jar Heinz Beginner-1 (2.5 oz) 71g
<b>Proximates</b>											
Water	g	76.70	--	--	11.51	86.67	54.46	86.67	54.46	98.18	54.46
Energy	kcal	91	--	--	14	103	65	103	65	116	65
Energy	kJ	381	--	--	57	431	271	431	271	488	271
Protein	g	1.00	--	--	0.15	1.13	0.71	1.13	0.71	1.28	0.71
Total lipid (fat)	g	0.20	--	--	0.03	0.23	0.14	0.23	0.14	0.26	0.14
Ash	g	0.76	--	--	0.11	0.86	0.54	0.86	0.54	0.97	0.54
Carbohydrate, by difference	g	21.34	--	--	3.20	24.11	15.15	24.11	15.15	27.32	15.15
Fiber, total dietary	g	1.6	--	--	0.2	1.8	1.1	1.8	1.1	2.0	1.1
Sugars, total	g	11.36	--	--	1.70	12.84	8.07	12.84	8.07	14.54	8.07
<b>Minerals</b>											
Calcium, Ca	mg	4	--	--	1	5	3	5	3	5	3
Iron, Fe	mg	0.30	--	--	0.04	0.34	0.21	0.34	0.21	0.38	0.21
Magnesium, Mg	mg	26	--	--	4	29	18	29	18	33	18
Phosphorus, P	mg	20	--	--	3	23	14	23	14	26	14
Potassium, K	mg	290	--	--	44	328	206	328	206	371	206
Sodium, Na	mg	2	--	--	0	2	1	2	1	3	1
Zinc, Zn	mg	0.05	--	--	0.01	0.06	0.04	0.06	0.04	0.06	0.04
Copper, Cu	mg	0.040	--	--	0.006	0.045	0.028	0.045	0.028	0.051	0.028
Selenium, Se	µg	1.1	--	--	0.2	1.2	0.8	1.2	0.8	1.4	0.8
<b>Vitamins</b>											
Vitamin C, total ascorbic acid	mg	21.9	--	--	3.3	24.7	15.5	24.7	15.5	28.0	15.5
Thiamin	mg	0.020	--	--	0.003	0.023	0.014	0.023	0.014	0.026	0.014
Riboflavin	mg	0.060	--	--	0.009	0.068	0.043	0.068	0.043	0.077	0.043

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Niacin	mg	0.540	--	--	0.081	0.610	0.383	0.610	0.383	0.691	0.383
Vitamin B-6	mg	0.260	--	--	0.039	0.294	0.185	0.294	0.185	0.333	0.185
Folate, total	µg	17	--	--	3	19	12	19	12	22	12
Folic acid	µg	0	--	--	0	0	0	0	0	0	0
Folate, food	µg	17	--	--	3	19	12	19	12	22	12
Folate, DFE	µg	17	--	--	3	19	12	19	12	22	12
Choline, total	mg	4.1	--	--	0.6	4.6	2.9	4.6	2.9	5.2	2.9
Vitamin B-12	µg	0.00	--	--	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	0	--	--	0	0	0	0	0	0	0
Retinol	µg	0	--	--	0	0	0	0	0	0	0
Carotene, beta	µg	2	--	--	0	2	1	2	1	3	1
Carotene, alpha	µg	2	--	--	0	2	1	2	1	3	1
Cryptoxanthin, beta	µg	0	--	--	0	0	0	0	0	0	0
Vitamin A, IU	IU	5	--	--	1	6	4	6	4	6	4
Lycopene	µg	0	--	--	0	0	0	0	0	0	0
Lutein + zeaxanthin	µg	20	--	--	3	23	14	23	14	26	14
Vitamin E (alpha-tocopherol)	mg	0.25	--	--	0.04	0.28	0.18	0.28	0.18	0.32	0.18
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	--	--	0	0	0	0	0	0	0
Vitamin K (phylloquinone)	µg	0.5	--	--	0.1	0.6	0.4	0.6	0.4	0.6	0.4
<b>Lipids</b>											
Fatty acids, total saturated	g	0.072	--	--	0.011	0.081	0.051	0.081	0.051	0.092	0.051
4:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000
12:0	g	0.001	--	--	0.000	0.001	0.001	0.001	0.001	0.001	0.001
14:0	g	0.001	--	--	0.000	0.001	0.001	0.001	0.001	0.001	0.001
16:0	g	0.051	--	--	0.008	0.058	0.036	0.058	0.036	0.065	0.036
18:0	g	0.003	--	--	0.000	0.003	0.002	0.003	0.002	0.004	0.002

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Fatty acids, total monounsaturated	g	0.028	--	--	0.004	0.032	0.020	0.032	0.020	0.036	0.020
16:1 undifferentiated	g	0.004	--	--	0.001	0.005	0.003	0.005	0.003	0.005	0.003
18:1 undifferentiated	g	0.023	--	--	0.003	0.026	0.016	0.026	0.016	0.029	0.016
20:1	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.041	--	--	0.006	0.046	0.029	0.046	0.029	0.052	0.029
18:2 undifferentiated	g	0.028	--	--	0.004	0.032	0.020	0.032	0.020	0.036	0.020
18:3 undifferentiated	g	0.013	--	--	0.002	0.015	0.009	0.015	0.009	0.017	0.009
18:4	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	0	--	--	0	0	0	0	0	0	0
<b>Amino Acids</b>											
<b>Other</b>											
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0	0	0	0	0
Theobromine	mg	0	--	--	0	0	0	0	0	0	0